

Health Talk 0004, “Youth HIV/AIDS”

Announcer: Welcome to “Health Talk”, where you’ll find “Good Advice for Good Health!” Now, here are Ty and Paula with today’s topic.

P: Hi there!

T: Today on Health Talk, we’re talking about HIV/AIDS.

P: HIV/AIDS is a disease that causes our immune system, to break down. Our immune system protects our bodies from sickness. Without our immune system, we are not protected against diseases or infections, so we become sick and we cannot work and provide for our family. Many people throughout the world are infected with the HIV/AIDS virus, and many have died. You may know someone who has HIV/AIDS, or even someone who has died from it. If so, you will have seen how HIV/AIDS can affect families.

T: A person with HIV/AIDS can spread it to others through contact with body fluids, such as blood (including menstrual blood), semen, vaginal secretions and breast milk; through sexual intercourse, or by sharing dirty needles and syringes used for injecting drugs. If a husband has sexual intercourse with a woman who has HIV/AIDS, he could catch it, and then pass it on to his wife. If she is pregnant, it is likely the baby will be infected too. HIV/AIDS is not normally spread by casual contact, such as greeting one another, or living together. Healthy, unbroken skin does not allow HIV to get into the body.

P: Some people may not know they have HIV/AIDS, since they don’t have any of the symptoms. Some of the early symptoms are fever, headache and sore throat. These may be mistaken for other, less serious illnesses. So a person may have HIV/AIDS without knowing it, and pass it on to others, who will pass it on to even more people. Soon, many people are infected without knowing that they have HIV/AIDS! If you have some of these early symptoms, you should see a doctor to find out if you have the disease.

T: One way to protect against catching HIV/AIDS is not to have sexual intercourse with anyone before marriage, and to marry someone who also has not had sex with anyone. After marriage, it is best to remain faithful to your marriage partner.

P: After we are married we often have children, and this brings us much joy. As mentioned before, children born to parents who have HIV/AIDS will also most likely have this disease. Many children have lost one or both parents to HIV/AIDS and are being cared for by grandparents or older brothers and sisters or other family members. This disease brings much sadness and hardship to a family. I am sure you want to live a happy and healthy life, to be able to work and care for your family. Now is the time to plan for that.

T: If you are a young person and not yet married, the decisions you make now will affect your life in the future. God's Word, the Bible, has many things to say about how we should live. One of those is that we are to honour marriage and the relationship of sexual intimacy that husband and wife share with each other. Following what God says about marriage and sex will help us to stay healthy in our bodies and in our relationships. It's very important to stay pure before marriage and to stay faithful in our marriages. This will lead to a happy marriage where there is love and trust and support for each other.

P: So save your virginity for your marriage partner and stay faithful to your partner after marriage. If you feel tempted, ask God to give you the strength to do the right thing.

Announcer: This has been "Health Talk," a production of HCJB Global Voice. For more "Good Advice for Good Health" stay tuned to this station, or log on to hcjbglobal.org.